



### What Is Walking Basketball?

Walking Basketball is a modified version of basketball, which has a simple premise: players can only walk; players do what they can manage; and the games are about enjoyment as opposed to competition

### What are the Benefits of Playing?

- Keeping Active and Having Fun
- Meeting New People
- Social and Relaxed Games



### Who is Walking Basketball For?

- Former Players
- Active Retirees
- New Players
- Those Returning from Injury
- Older Players
- Whānau Wanting to Play Together (kids must be 12+)



## When and Where is Walking Basketball, and What is the Cost?

All games will be run at **Avon Hub** which is located at 77 North Parade, Richmond. Games will be held on Tuesday evenings from 6:00pm until 8:00pm. The Cost will be \$400 for 8 weeks (equates to \$50 a week per team).



8 games will be run in Term Four 2023:

- October 24<sup>th</sup>
- November 14<sup>th</sup>
- December 5<sup>th</sup>
- October 31<sup>st</sup>
- November 21<sup>st</sup>
- December 12<sup>th</sup>
- November 7<sup>th</sup>
- November 28<sup>th</sup>

### Rule Changes/Adaptations:

- Walking ONLY – if jogging or running, a player is “sin-binned” for one minute. One heel must be on the ground at all times
- 12-minute running clock halves, with a four-minute half-time break
- Free Throws – any fouls which would result in free throws are automatic points (1pt, 2pts or 3pts depending on the foul)
- Size six balls are used
- Teams are encouraged to have 7-8 players (five players on court at a time)



To enter a team, email Nicole at [nicole@canterbury.basketball](mailto:nicole@canterbury.basketball)

